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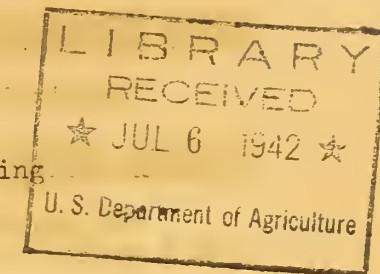
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## INFORMATION SHEET ON DEHYDRATED BEETS

The Dehydration Committee  
U.S. Bureau of Agricultural Chemistry and Engineering  
U.S. Department of Agriculture



### FORM:

Beets are dehydrated in the form of slices, cubes and strips. The whole beet is practically completely cooked before cutting into these shapes.

The dehydrated product must be prepared under modern sanitary conditions, in accordance with best commercial practices and Federal and State Pure Food Laws and Regulations.

### VARIETIES:

Beets of a solid dark red color, such as the Detroit Red, should be used for dehydration.

### PREPARATION:

Only sound mature beets, of uniform color, free from woodiness should be used. The beets must be thoroughly washed to remove dirt. After washing the beets are cooked in the whole form for 30 to 40 minutes in flowing steam, or until cooked through. Following cooking the beets should be peeled either in an abrasive peeler or by hand, the latter being more satisfactory although more expensive. The beets should be trimmed to remove discolored, damaged or undesired portions.

The cooked beets should be cut as follows: slices, from  $3/16"$  to  $4/16"$  in thickness; cubes, from  $3/16"$  to  $6/16"$  on a side; strips, not less than  $3/4"$  in length, and in cross section not less than  $3/16"$  or more than  $6/16"$ .

### PEELING AND TRIMMING LOSS:

Waste will average about 30%.

### BLANCHING:

The cooking operation replaces the blanching given to most other vegetables. The cut beets should not be held under any conditions more than one hour before drying.

### TRAYING:

The material can be spread on the drying surface at the rate of about  $1\text{-}1/4$  pounds per square foot.

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DRYING TEMPERATURES:

Finishing temperatures should not exceed 165° F.

MOISTURE CONTENT:

The moisture content of the finished product must not exceed 5% when packed ready for shipment.

YIELD:

The yield will be about 7%, based on the weight of the fresh unprepared material.

VITAMIN CONTENT:

The freshly dried product properly prepared from freshly harvested beets, will contain in 100 grams approximately 40 micrograms of vitamin B<sub>1</sub> (thiamin), 350 micrograms of vitamin B<sub>2</sub> (riboflavin), and 25 milligrams of vitamin C (ascorbic acid). These values were obtained from California-grown beets.

No guarantee should be given on the vitamin content of the dehydrated product.

Detailed specifications covering purchases are issued by the Office of the Quartermaster General of the U. S. Army and the Agricultural Marketing Administration of Washington, D. C.

If further detailed information is desired, inquiries should be addressed to

The Dehydration Committee,  
Bureau of Agricultural Chemistry and Engineering  
U. S. Department of Agriculture  
Washington, D. C.

, or to

The Dehydration Committee,  
Bureau of Agricultural Chemistry and Engineering  
U. S. Department of Agriculture  
800 Buchanan Street  
Albany, California